

Sat Kriya, and essential kriya for Kundalini Yoga.

POSTURE:

Sit on the heels in Rock Pose, knees together. Stretch the arms over the head with elbows straight, until the arms hug the sides of the head. Interlace all the fingers except the index fingers. Men cross the right thumb over the left. Women cross the left thumb over the right. The spine stays still and straight. This is neither a spinal flex nor a pelvic thrust. Remain firmly seated on the heels throughout the motions of the kriya.

MANTRA AND RHYTHM:

Begin to chant Sat Nam with a constant rhythm of about 8 times per 10 seconds. As you pull the navel in and up toward the spine, chant Sat from the Navel Point. Feel it as a pressure from the Third Chakra. With the sound Naam, relax the belly. As you continue in a steady rhythm, the root and diaphragm locks are automatically pulled. The steady waves of effort from the navel gradually enlist the movement of the greater abdomen. The force is "through the navel but the two locks come along sympathetically. This natural pull of the two locks creates a physiological balance. Blood pressure is maintained evenly. The rhythmic contraction and relaxation produces waves of energy that circulate, energize, and heal the body.

The focus of the sound Naam can be either at the Navel Point or at the Brow Point (the point where the eyebrows meet at the root of the nose; the area that corresponds to the Sixth Chakra).

BREATH:

The breath regulates itself—no breath focus is necessary.

TIME:

3 to 31 minutes.

TO END:

Inhale and gently squeeze the muscles from the buttocks all the way up along the spine. Hold it briefly as you concentrate on the area just above the top of the head. Then exhale completely. Inhale, exhale totally and hold the breath out as you contract the lower pelvis, lift the diaphragm, lock in the chin, and squeeze all the muscles from the buttocks up to the neck. Hold the breath out for 5 to 20 seconds according to your comfort and capacity. Inhale. Relax. If you practice this as a complete kriya in itself, If you practice this as a complete kriya in itself, the relaxation is ideally twice the length of time as you practiced the Sat Kriya.

Sat Kriya circulates the kundalini energy through the cycles of the chakras, helps with digestion and strengthen the nervous system and the core muscles.

BUILDING THE PRACTICE GRADUALLY:

- Start with 3 minutes concentrating on the form and rhythm.
- You can built it up slowly starting with rotation cycles, 3 minutes of Sat Kriya with 2 minutes of relaxation. Repeat this cycle 3 to 5 times.
- Then swich the cycle to 5 minutes Sat Kriya and 5 minutes rest. Add 3 to 5 minutes as you fell comfortable and soon you will be able to make it for 31 minutes.



COMMON MISTAKES:

- Lifting the shoulders as if doing a shoulder shrug.
- Moving the torso as in spinal flex rather than fixing the spine straight and letting the motion come from the navel area.
- Accelerating or varying the speed of the rhythm.
- Lowering the pitch rather than keeping it steady.”

From: Bhajan, Yogi. “Teacher Training” Kundalini Research Institute.